

Sterile Water Injections

for the relief of back pain in labour

What are sterile water injections in labour?

Sterile water injections are a drug-free pain relief method used during labour for reducing intense lower back pain.

A small amount of sterile water is injected under the skin in four places on the lower back.

How do they work?

The injections create a brief, sharp stinging sensation for around 30 seconds, which blocks pain signals and helps to release natural endorphins.

Benefits?

- ✓ Drug-free
- ✓ No known side effects
- ✓ Quick relief
- ✓ Staying upright and active
- ✓ Can be used alongside other pain relief and comfort measures

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